

WHAT IS CLAIMED IS:

1. A portable abdominal exercise device for use in association with a back rest of a chair, the exercise device comprising:

an elongated strap adapted to fit a torso of a user; and

an elastomeric resistance band adapted to encircle the back rest of the chair, and operably coupled with the strap, whereby the elastomeric band resists movement of the strap away from the back rest of the chair as the user moves the torso away from the back rest of the chair to perform exercises while seated in the chair.

2. The exercise device of claim 1, wherein the opposing ends of the strap are adapted to be releasably coupled to one another.

3. The exercise device of claim 1, wherein the strap is adjustable in length.

4. The exercise device of claim 1, wherein the strap includes padded sections for user comfort.

5. The exercise device of claim 1, including a back support plate interconnected between the strap and the resistance band.

6. The exercise device of claim 5, wherein the back support plate includes a pair of spaced apart apertures which removably accept the strap therethrough.

7. The exercise device of claim 5, wherein the back support plate includes means on opposing edges thereof for removably receiving ends of the resistance band.

8. The exercise device of claim 7, wherein the removably receiving means comprise slots extending from edges of the back support plate which receive a portion of the resistance band therein.

5 9. The exercise device of claim 8, wherein the slots extend to apertures formed in the back support plate, and wherein ends of the resistance band are enlarged with respect to the apertures so as not to pass therethrough.

10 10. The exercise device of claim 9, wherein multiple slots and apertures are formed on each opposing edge of the back support plate for removably receiving a plurality of resistance bands.

15 11. The exercise device of claim 1, wherein the resistance band comprises multiple resistance bands.

20 12. A portable abdominal exercise device for use in association with a back rest of a chair, the exercise device comprising:
 an elastomeric resistance band adapted to encircle the back rest of the chair;
 a back support plate connected to the resistance band; and
 an elongated strap connected to the back support plate and having ends adapted to be releasably coupled to one another so that the strap is adapted to fit a torso of a user, whereby the elastomeric band resists
25 movement of the back support plate and strap away from the back rest of the chair as the user moves the torso away from the back rest of the chair to perform exercises while seated in the chair.

30 13. The exercise device of claim 12, wherein the strap is adjustable in length.

14. The exercise device of claim 12, wherein the strap includes padded sections for user comfort.

5 15. The exercise device of claim 12, wherein the back support plate includes a pair of spaced apart apertures which removably accept the strap therethrough.

10 16. The exercise device of claim 12, wherein the back support plate includes means on opposing edges thereof for removably receiving ends of the resistance band.

15 17. The exercise device of claim 16, wherein the removably receiving means comprise slots extending from edges of the back support plate which receive a portion of the resistance band therein.

20 18. The exercise device of claim 17, wherein the slots extend to apertures formed in the back support plate, and wherein ends of the resistance band are enlarged with respect to the apertures so as not to pass therethrough.

25 19. The exercise device of claim 18, wherein multiple slots and apertures are formed on each opposing edge of the back support plate for removably receiving a plurality of resistance bands.

30 20. A portable abdominal exercise device for use in association with a back rest of a chair, the exercise device comprising:

multiple elastomeric resistance bands adapted to encircle the back rest of the chair;

a back support plate having slots extending from opposing edges thereof for removably receiving a portion of the resistance band therein; and

an elongated strap of adjustable length connected to the back support plate and having free ends adapted to be releasably coupled to one

another so that the strap is adapted to fit a torso of a user, whereby the elastomeric band resists movement of the back support plate and strap away from the back rest of the chair as the user moves the torso away from the back rest of the chair to perform exercises while seated in the chair.

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21. The exercise device of claim 20, wherein the back support plate includes a pair of spaced apart apertures which removably accept the strap therethrough.

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22. The exercise device of claim 20, wherein the slots extend to apertures formed in the back support plate, and wherein ends of the resistance bands are enlarged with respect to the apertures so as not to pass therethrough.

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